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Bangalore Mirror

TEMP Max 29 | Min 21 | Humidity 79% Generally cloudy sky Sensex 52,693 | Nifty 15,732 | Gold 50,256 | Silver 59,575 | Dollar 78.02 | Euro 81.26 | GBP 93.84

Teachers' mental health, how tech savvy they were during covid are overlooked aspects. BM spoke to a few to find out

THE SAD GURUS

'Students made fun' of teachers not keen on tech

| Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

"Counsellors are available only for students and not for teachers. Teachers also go through stress, burn out ...
— Dr Neha Singhal, clinical psychologist

Being a teacher is not easy. Teachers leave no stone unturned when it comes to the well-being of their students. That said, what about teachers' well being, especially post covid-19?

Amidst the hustle and hectic schedule, oftentimes teachers do not get the time to look after their mental health — more so after the onset of the coronavirus pandemic.

Teachers BM spoke to said, during the online mode of learning induced by the pandemic, they were often at the receiving end — often ridiculed by the wards and funny comments directed at them which made their confidence falter; as a result, they started having self-doubts.

"Technology is not my thing at all. I was used to having my students in front of me while teaching; hence the shift to online was so sudden. I had no idea if the students were understanding anything or if they were fully present at all. It felt like I was talking to a blank box. There were times when students made fun of my lack of technical knowledge; it did affect me mentally," said Latika Hurkat, an English teacher at a city-based school.

According to many teachers, during the online classes, students would not switch on their videos, and would not respond when talked to, which made the teachers feel uneasy. Completing the syllabus in the middle of all this was an added pressure, they said.

Kavita Datar, a Hindi teacher at a private school, said, no doubt, it was difficult for the students.

"But they had the chance to skip classes. But, for us, there was no such option. We had to teach and prepare lessons for the next day no matter how low we felt. We had to give reports of the syllabus covered in each session to the principal. Coming back to offline or in-person mode was as difficult for me as it was for the

CONTINUED ON PAGE 8 »

A hearty Metro ride

Automated External Defibrillators at 5 Metro stations to help cases of sudden cardiac arrest

| Garima Prasher
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TWEETS @BangaloreMIRROR

Soon, five busiest metro stations in the city will have a life-saving medical device installed to help in cases of sudden cardiac arrest among the passengers.

The Bangalore Metro Rail Corporation Limited (BMRCL) has decided to set up Automated External Defibrillators (AED), a portable device designed to treat people experiencing sudden cardiac arrest, at Yeshwantpur, Kempegowda, National College, Vijayanagar and MG Road metro stations.

"We have decided to install AEDs at critical metro stations for medical emergencies. Our ridership is increasing daily as lakhs of people are using the Metro to commute regularly. With cardiac issues on the rise nowadays, AEDs installed at these critical stations will help us in assisting such patients till they receive medical help," said Anjum Parvez, managing director, BMRCL.

The device will provide cardiopulmonary resuscitation in emergency cases and avoid deaths arising from such situations. The corporation is in the process of calling tenders for the project at the stations, which have been selected based on location and footfall.

"We had called the tender for AEDs two months ago as well. However, there was no participation and the process got delayed. We are going to reflow the tender soon and install the devices as early as possible.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Indie music scenes

The Indian Music Experience Museum, presents #Weekindies, a day-long un-conference and performance showcase designed to spotlight the city's vibrant indie music scene in celebration of World Music Day. #Weekindies will bring together all parts of the indie ecosystem including artists, managers, venue owners, journalists, engineers, and more for a day of knowledge-sharing, skill development, networking, and of course music! .
Where: Indian Music Experience, JP Nagar
When: June 19; Fees: Rs. 499, indianmusicexperience.org

02 Tickle your funny bones

Like a laugh? Then round up your buddies for eventful weekend nights at the Fox in the Field, as they open their amphitheater, 'Fox on Stage' for some rib-tickling shows. Manish Tyagi, will make you laugh till the tears roll down as he narrates his hilarious life experiences. On Sunday, Shashi Dhiman will have you rolling on the floor with her show, 'Pehle istemal karein fir vishwas karein'. .
W Venue: Fox in the Field, Nexus Shantiniketan mall – Whitefield
Date: June 17 & 19; Tickets: bit.ly/3HIBfbN

03 Live gigs

Catch Thayirsadam Blues perform live, just for you. A blues/R&B band hailing from Bengaluru, this is a five-piece band inspired by the elegant simplicity of curd rice (Thayirsadam), comprising Aditya Veera (frontman, lead singer), Raman Ravi (guitar), Eric (Bass), Benji (drums) and Kenneth (keyboard), TSB brings a soulful blend of jazz, funk and soul music with a Bluesy touch to it.
Where: Fandom at Gilly's Redefined
When: June 17; Tickets: Rs 499, insider.in

Shades of blue and gray

The Vidhana Soudha against the picturesque backdrop of a typical Bengaluru sky

PIC: KAUSHIK JN

THE FEAR CLUSTER

31 students from Dasarahalli school test positive in Rapid Antigen Test; school managements say don't force kids to go to school if they're unwell

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After BBMP health staff recently visited several schools to vaccinate students, they found that many students had fever symptoms. When they were subjected to an on-spot Rapid Antigen Test (RAT), 31 students tested positive. This is said to be the biggest school Covid cluster post the third wave, prompting school staff to ask parents not to force their kids to go to school even if they are unwell.

BBMP Special Commissioner (Projects) Ravindra PN said, "Our health staff have been visiting a number of schools for vaccination. On June 9, the staff visited a school in Dasarahalli zone (405 students) and another school (315 students).

"In the first school, the team noticed that 31 students studying in sixth standard were suffering from Covid symptoms. Hence, the staff subjected them to on-the-spot RAT and all of them tested positive. Later, their samples were sent for RT-PCR testing. In the second school, 21 students were subjected to RAT and 10 of them tested positive. The respective classes have been given a holiday and the school premises have been sanitised."

BangaloreMirror
SCHOOLS SHIELD AGAINST COVID

On June 14, we reported how schools in Bengaluru were doing their best to stay a step ahead of covid

With offline classes in full flow, health experts say maintaining covid protocols on campus are key to battling covid

There are 21 Covid clusters in BBMP limits including 15 in Mahadevapura, four in Yelahanka and two in Dasarahalli

According to a few parents, the schools have stopped online classes and they are worried that kids may miss important classes if they are absent from school. On the other hand, health experts say that a few parents are unaware of the Covid symptoms of their children due to the very mild nature of the infection.

However, Ravindra said that there was no need to panic as all the kids were fine. The first set of kids (31) have already tested negative for RT-PCR reports while the RT-PCR results of 10 students from the second school were awaited.

"With schools going back to offline mode full-fledged, we have been asking schools to strictly follow the SoP. No student should be allowed inside the premises without a temperature check. The masks are mandatory for the students sitting in the classroom and school premises should be sanitised at regular intervals," he added.

What BBMP says

- Thermal screening mandatory for students, teaching and non-teaching staff everyday
- Mandatory Covid testing for kids if they exhibit symptoms
- Isolate Covid suspects till the results are out
- Mask is must on campus
- Sanitisers should be placed at vantage points
- Vaccination should be provided to all eligible beneficiaries
- Covid vaccine must for all the family members (if eligible)
- If anyone exhibits symptoms, such people should be tested

Cluster outbreaks on the rise

Though Minister for Health and Family Welfare Dr K Sudhakar said that it was too early to call the current Covid surge as a fourth wave, the city is witnessing many cluster outbreaks. As of now, there are 21 Covid clusters in BBMP limits including 15 in Mahadevapura, four in Yelahanka and two in Dasarahalli. Apart from these two school clusters, 19 Covid clusters have been reported from apartments.
Sudhakar said, "If any kid tested positive, then we will declare a holiday.

Generally, the Covid cases are mild and Covid cases among kids are very mild. I would recommend that every parent should get 12+ kids vaccinated at the earliest."

Now, that's what we call a neat job

Civic collaboration as part of CleanStreets500km project transforms Mother Teresa Road

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A footpath that was once used to dump garbage and avoided by pedestrians like the plague due to the stench, is now unrecognisably transformed.

The lane on Mother Teresa Road is now clean and usable – a feat made possible by a number of good Samaritans ensuring no one dumps waste there or pollutes the place during the day or at night. "We kept vigil for a month at night to prevent people from dumping garbage on the footpath or using the compound wall for urination. We also penalised around 20 people for dumping garbage and creating nuisance. Additionally, we collected Rs 1,000 for dumping garbage and Rs 100 for urination on the footpath," said Bhakta Seelan, a BBMP marshal.

Meanwhile, hundreds of volunteers from The Ugly Indian and a few companies teamed up with Bruhat Bengaluru Mahanagara Palike (BBMP) to reclaim and beautify the 1km+ long stretch from Cathedral School on Richmond Road till CMP Gate. The volunteers took time out over the weekends to beautify the footpath and wall.

The entire wall of the Rashtriya Military School has been painted with the trademark TUI red-and-white triangle design to deter defacement and garbage dumping. All the waste dumps have been cleared out, and the footpath has been repaired and made safe for walking. A 'wheelchair challenge' was held on June 11 by volunteers and BBMP Marshals and the entire 1.5km long footpath was tested and certified clean and safe for use by a wheelchair.

Pedestrians and motorists described it as an incredible transformation of what was formerly a filthy, dangerous stretch that leads to Anepalya Main Road, which has also been improved considerably. The initiative is part of a larger CleanStreets500km project in which the BBMP and volunteers are targeting to make 500km of main roads in Bengaluru neat, clean and walkable 24x7. This particular 1km stretch was part of the CleanStreet50km project within Shanti Nagar constituency. Surendran M Krishnan, CGI, said that he, as a volunteer, participated in multiple beautification events organised by The Ugly Indian in association with CGI. "I was excited to participate in an event of this sort that can bring a change in the mindset of people to keep the public places tidy. With the support of 40+ volunteers we were able to clean and paint over 1 km of the wall. It was great to see the transformation that we made in four hours. I am looking forward to transforming more public spaces in the city," he said.

Another volunteer from The Ugly Indian said the project demonstrates what is possible when the BBMP, corporates, citizen volunteers and the military co-operate to solve a common civic problem.

"Today, not only is the place neat and clean, the footpath has been reclaimed for public use. We will reclaim 500 km of city streets and footpaths from garbage, filth and abuse - 1 kilometre at a time, as part of the CleanStreet500kmChallenge," said the volunteer.

Praveen Pandey, Superintendent (Hostel), Rashtriya Military School, praised the work by The Ugly Indians. "They did a commendable job. I was running pillar to post for the beautification of the compound wall. I am happy with the work done by The Ugly Indian," said Pandey.

The entire wall of the Rashtriya Military School has been beautified by volunteers of TUI

'Friends gave me drinks laced with drugs'

Siddhanth Kapoor, son of actor Shakti Kapoor, appeared before the police here on Tuesday in connection with a case related to drugs consumption. Five persons, including Siddhanth Kapoor, were arrested on Monday on charges of consumption of drugs during a party at a Bengaluru hotel. Siddhanth Kapoor told the police during inquiry that someone had given him drinks and cigarettes laced with drugs. He also told the investigators that he did not know about the drugs.

"Siddhanth Kapoor claimed that drugs were mixed in his drinks and he didn't know about it. He told the police that he had been in Bengaluru many times to attend parties as DJ. This was the fourth time that he went to the hotel from where he was arrested. We have got the guest list and suspicious persons will be called for questioning," said Bhimashankar Guled, DCP (East).

The police said Siddhanth Kapoor also said that he has many friends in Bengaluru. The police have seized the mobile phones of Siddhanth Kapoor and four other accused who were arrested along with him and sent them for data retrieval.

The police are also looking into the drug peddling angle. The luxury hotel owner and the organisers of the rave party have been sent notices. The event management company representatives are also being called for questioning.

Along with Siddhanth, the police have arrested Akhil Soni, business manager of an IT firm, Harjoth Singh, an industrialist, Hani, a digital marketing entrepreneur, and Akhil, a photographer. The police had seized 7 gm MDMA crystals and 10 gm marijuana after raiding the rave party at The Park in Bengaluru late on Sunday. – IANS

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Corrigendum

In Bangalore Mirror's June 14, 2022 story titled 'Hotel raid: Shakti Kapoor's son tests positive for drug use', the story erroneously mentions that one of those detained, Akhil Soni, is a business manager from a reputed IT firm (Mindtree). The person is not an employee of Mindtree.

kotak Kotak Mahindra Bank

NOTICE

Locker hired by **Mr. Jayabalan Velprakash & Mrs. Vindhya Priya Shanmugham** having address at # PALM 703 SJR PARK VISTA, HARLUR ROAD AMBALIPURA, BENGALURU - 560102, with the Koramangala **branch** of Kotak Mahindra Bank Ltd, situated at 08, GF, The Pinnacle, Koramangala 5th Block, Bengaluru-560095, has remained unoperational for the past 7 years. All the 3 letters sent to **Mr. Jayabalan Velprakash & Mrs. Vindhya Priya Shanmugham** calling upon them to operate the locker, have returned unserved and they are not contactable. It is hereby informed that despite this notice, if the said locker is not operated by **Mr. Jayabalan Velprakash & Mrs. Vindhya Priya Shanmugham** within 3 months from the date of this notice, break open of the said locker will be done on **15th September, 2022 at around 02:00PM.**

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kotak Kotak Mahindra Bank

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kotak Kotak Mahindra Bank

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Pups in need of a home

Animal lovers manage to rescue 14 puppies from the jaws of death

Rapid development has resulted in lack of space for these pups to coexist. Although temporary shelters are made, they are in dire need of a home

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TWEETS @BangaloreMIRROR

Sadhana Hegde, a pet parent from Bommanahalli, rescued 14 puppies that were on the verge of dying at Hosapalya near HSR Layout.

For the time being, Hegde has given these pups a temporary shelter and has got them vaccinated with the help of other animal lovers. However, now she wants to find forever homes for them.

After watching the Kannada movie Charlie 777 on Monday, Chief Minister Basavaraj Bommai said that his government would launch a special programme for the adoption and care of stray dogs. It is unclear when the state government would announce this programme, but the 14 pups need immediate care and shelter.

Hegde said she was informed about the plight of the puppies through some volunteers. She rushed to the spot to make arrangements for a temporary shelter near an auto garage at Hosapalya.

"Humans, being part of the food chain, maintain a high level of ignorance towards other living beings around them and feel that other living beings don't contribute in any manner to the ecosystem. This callous attitude has been causing havoc on the life of street dogs across the city. Constant misinformation about dogs, intolerance towards coexistence, and rapid development with no space or food is now making the life of dogs a living hell," she said.

She insisted that if these puppies are adopted, their lives can change for the better. "They are not at fault for the city planning but are only victims," she said. Hegde said she was grateful to the donors, especially a pet parent Ashley, for donating to get the pups vaccinated and for their vet visit.

Ashley told Bangalore Mirror she heard from one of the members of the Bellandur Canine Squad WhatsApp group that Hegde was looking to build a shelter for 14 pups at HSR and needed help with supplies, medicines and food.

> **"We hear about these things all the time, but it's different when we actually see it**
>
> –Ashley, pet parent

"We hear about these things all the time - pups abandoned on the roadside, injured stray dogs - but it's different when we actually see it. And when we do, it's near impossible for us to not feel affected," she said.

Aniruddh Roy, who played an anchor role in Kannada movie Charlie 777, praised Hegde's work for indie puppies.

Roy said the rescue of the 14 pups was possible due to Hegde's work.

"We fed them, vaccinated them, and had them dewormed, and ensured they get a proper shelter to stay. We have organised food supplies and are keeping a check on them on a timely basis. All this was feasible because of Sadhana's tireless efforts," he said.

He also stressed on the need to adopt indie breeds instead of buying international breeds to stop illegal breeding.

whatsapp MIRROR 9591233247

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Littered road
Vasanth Nagar

Garbage being thrown on this footpath at Ward 93, Hare Krishna Road, Vasanth Nagar is troubling residents and pedestrians.

'Death trap'
Bettappa Garden Road

Despite several complaints to BBMP Engineers, no action has been taken to deal with these 'death traps' at Bettappa Garden Road and South Street.

Water meter
Benson Town

BWSSB-installed water meter does not match the bill.

All in the family: Even elder abuse

PIC FOR ILLUSTRATIVE PURPOSES ONLY

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A study of complaints registered with the Elders Helpline (1090) reveals that elders suffer physical, emotional and financial abuses in silence as 40% of the perpetrators of elder abuse reported at the Helpline were mostly children and family members of the victims. The study also reveals that 80% of the complaints were related to abuse in the form of harassment, neglect, ill-treatment, demand for money or property, cheating, exploitation etc.

June 15 is observed as the World Elder Abuse Awareness Day and the Elders Helpline – a joint project of the Bengaluru City Police and an NGO – Nightingales Medical Trust working for the welfare of the senior citizens completed 20 years of service for the elderly in distress. During the project's inception in 2002, it was considered as the first project – one of its kind in the country where the police department joined hands with an NGO to address elder abuse in the city and the state.

Over the past 20 years, more than 2.35 lakh elders in distress have contacted the Elders Helpline for various needs and assistance. "The number of distress calls to the Elders Helpline over the past 20 years – from 2002-2022 in Bengaluru was 2,35,541," said Co-founder of Nightingales Medical Trust, S Premkumar Raja.

Until about last month, a total of 10,591 complaints of serious nature of elder abuse have been registered out of which 69% complaints have been successfully resolved. "Out of these complaints we have resolved over 7,336 cases where the abused elderly victims got justice either after counselling, reconciliation and/or after police intervention. For around 1,596 cases, the helpline staff have taken police help and intervention for resolution of the crisis," Raja added.

The worrisome fact was that the cases of elders abused by family members were around 4,176 and elders abused and cheated by public agencies were 1,868, according to the stats obtained by the NGO.

There was also a spurt in the number of elderly abuse cases during the lockdown times.

The number of legal advice sessions that have been provided to the elderly victims in distress have been around 7,825 sessions, including a few of them repetitions.

The NGO has also rescued homeless people and sick people abandoned on roads and rehabilitated them and this is around 213. The Elders Helpline members have made a total of 915 home visits in total.

40% of perpetrators of abuse reported at helpline were kids, kin of victims

"We have various services for elders available on the helpline – all for free of cost, and these include counselling, reconciliatory efforts in family disputes, home visits, tracing missing elders, rehabilitating the abandoned, and intervention in problems with service providers, legal advice, and dispute resolution through mediation. Police intervention is also resorted whenever necessary," Raja told BM.

A senior police officer said elders who face serious problems most of which are abuse related such as cheated financially, ill-treated by their own children, cheated off property by own children or other family members, harassment even including physical abuse, tenants not vacating, neglect, denying healthcare, and also there are cases of elderly citizens cheated by other private agencies or individuals.

"For the senior citizens who can travel, they come to our helpline desk and file complaints, but a majority of them choose not to give written complaints fearing their children's future will get affected down the lane and prefer to lodge verbal complaints only. For people who cannot travel, the Helpline staff make home visits and take up complaints from them and the issue is addressed if needed with police intervention too," Raja pointed out.

"This is a very serious problem not only in India, but throughout the globe. The population of elders in India is increasing rapidly and in addition to various age-related problems, elders become easy targets for abuse and crimes, particularly in urban areas," Raja pointed out.

The Elders Helpline has also organised several awareness programmes to protect the rights of senior citizens. A recently added feature was that even people who witness elderly abuse including neighbours can report the matter on the helpline website www.stopelderabuse.in and their anonymity will be respected.

Founder and Managing Trustee of Nightingales Medical Trust, Radha S Murthy along with the chief guests, Deputy Commissioner of Police (Central) Division, Dr SD Sharanappa IPS and Director of Department for the Empowerment of Differently Abled and Senior Citizens will release a booklet named Senior Citizens: Stay Safe and Cautious on Wednesday.

KEA urged to postpone KCET

CBSE board students along with National Students' Union of India (NSUI), Karnataka have requested Ramya S, executive director of the Karnataka Examination Authority (KEA), to postpone the Karnataka Common Entrance Test 2022, which is on June 16.

Students from the CBSE board who will be appearing for the KCET 2022 are getting only two days to prepare for the entrance examination as the CBSE board examination ended on June 13.

Manish G Raj, General Secretary of NSUI Karnataka told Bangalore Mirror, "On Sunday evening, I started getting messages and calls regarding the CBSE students not getting sufficient preparation time for KCET preparation.

The state board students' exams had ended almost a month ago and they have gotten sufficient time. It does not provide a level-playing field to all the students appearing for the examination." On the other hand, KEA is worried about the increasing covid-19 cases in the city which might pose a risk to the upcoming academic calender and thus has rejected to postpone the entrance examination. —BMB

BS Patil is new State Lokayukta

Former Karnataka High Court Judge, Justice Bhimanagouda Sanganagouda Patil has been appointed as the new Lokayukta of the state.

He is presently serving as the Upalokayukta.

According to the appointment notification issued on the orders of Governor Thaawarchand Gehlot, Chief Minister Basavaraj Bommai had recommended that Justice Patil be appointed as the Lokayukta of Karnataka.

It said, this recommendation was made after consulting the Chief Justice of the Karnataka High Court, the Chairman Karnataka Legislative Council, the Speaker, Karnataka Legislative Assembly and the Leaders of Opposition in both the Houses of the State Legislature.

The post of the head of anti-corruption ombudsman in the state has been vacant after Justice P Vishwanath Shetty had stepped down as Karnataka Lokayukta in January, after five years of service. PTI

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personal

CHANGE OF NAME

I, PRAMEELA R/o No.4/2 3 Muddlappa cross, Mavalli road, Doddamavalli, Bengaluru 560027 have changed my name to PRAMILA affidavit Dt.13/06 /2022 notary K.V Mani, B'luru

I Panduranga Setty S/o.Shesha Setty Ramanathapura R/a No. 9, 6th Main Road, Near Chiraj Prajwal Apartment J.C. Nagar, Mahalakshmi Layout, Bengaluru-560086. I have changed my name to PANDURANGA SETTY RAMANATHAPURA SHESHASETTY Vide aff dt: 14/06/2022. Sworn before Notary : Thippeswamy T.

I, ARUN KUMAR, S/o, SOHANLAL RAIPURIA residing at Flat No.201, Tejas Apartment, 2nd Floor, S P Ramanna Garden, Siddapura, Jayanagar 1st Block, Bangalore 560011 have changed my name to ARUN KUMAR RAIPURIA vide affidavit dated 11.06.2022 sworn before notary B V Nagabhushana, Bangalore.

I, VINAY KUMAR NAIR, S/o, ACHUTHAN RAMAN NAIR residing at B-214, Sai Supreme Apartment, Gottigere, B G Road, Bangalore 560083 have changed my name to VINAY NAIR vide affidavit dated 11.06.2022 sworn before notary B V Nagabhushana, Bangalore.

I, NAJIB AHMED BAVA s/o Kudroli Abdul Rashid R/o No.25-21-1320/15, Daffodil, Jeppu Majeela, Jeppu Seminary, Mangaluru 575002 have changed my name to LIYAKATH HUSSAIN affidavit Dt.13/06/2022 Notary K.V Mani, Bengaluru.

I, ANIL NARVEKAR, S/o, DINKAR NARVEKAR residing at No. 204, Golden Landmark Apt, Chandana Layout, Herohalli, Bangalore 560091 have changed my name to ANIL DINKAR NARVEKAR vide affidavit dated 29.03.2022 sworn before notary D S Chandrakanth, Bangalore.

I, A Gowri Shankar R/o G1 Padmavati Residency, 2nd Main, Basaveshwara Layout, Nagashettyhalli, Bengaluru 560094 have changed my minor daughter's name from Alur G Chetna to Chetna Alur Gowrishankar for all purposes.

I Sudhakar Narasinga Rao Bolisetti S/O, Narasinga Rao Bolisetti R/o C-14, A Block, Jana Jeeva Orchid, Halehalli Kithaganur, Krishnarajapuram, Bangalore 560036 have changed my name to Sudhakar Bolisetti for all purposes.

I Raghavendra Rajashekhara, S/o, Rajashekhara R/o, Flt B 1504,tower 3, Tata Promont Appartment ,Hosakerahalli, Katriguppe, Bengaluru 560085, have Changed My Name To Raghavendra Hunsur, For All Purposes.

I Pandu Vasisht Kalya Anantha S/O, Ks Anantha Murthy R/o 34, Sumanth, 3rd Cross, Vallabhanagar, Vasantapura Main Road, Bangalore - 560062 have changed my name to Pandu Vasisht for all purposes.

I, Ganesh Raj Suna Pana S/o Subramanian Nachiyappan R/o Survey No 148 Flat No 203, S S V R Sreenivasam Flat, Doddakannalli, Bengaluru, 560035 have changed my name to Ganeshraj Subramanian.

I, TUSHAR RAVINDER BHATIA, R/o Apt 203, Hazel Block, Vaswani Golf Vista Apartments, Chalagatta, Bangalore – 560037 have changed my name to TUSHAR BHATIA for all purpose.

I V. Pushpavathi W/O, Y Ramesh R/o 308/57, 2nd Cross, Munireddy Layout, Doddakallasandra, Bengaluru, 560062 have changed my name to Y Pushpa for all purposes.

I Vinayaka Singh S/O, Raghuveer Singh R/o Flat No 302 Suki Apartments 3rd Floor No 67 5th Main 3rd Block Thyagaraj Nagar Bengaluru-560028 have changed my name to Vinayaka Singh Raghuveer Singh for all purposes.

I, Shwetha Devaraja R/o No.549, Maruthi Nilaya, Rachenahalli main road, Thanisandra, Bengaluru 560077 have changed my name to SHWETHA DEVARAJ affidavit Dt.14/06/2022 notary K.V Mani, B'luru

I, Swati Sharrma/Parashar, W/O Sachin Sharrma, Sarjapura, Bangaluru have changed my name from Swati Sharrma/Parashar to "Swatee Sharrma" for all future purpose.

I, Suraj Kumar Chawla S/o Satguru Chawla R/o No.11124, Haralur road, Bengaluru 560102 have changed my name to SURAJ CHAWLA affidavit Dt.14/06/2022 notary A.R Muneer Ahmed, B'luru

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I Mahesh Balakrishna have lost, in my father's house 165/D 5th main JP nagar 3rd Phase Bangalore 560078, a gift deed registered at Mysore to me Doc no MYS 08705 /2010-11 dated 24-02-2011. Complaint lodged in Bangalore, FIR Number 0242674/2022. If anybody finds it please contact 9980070089

GET NOTICED

A smooth & quick trip to Tirupati

NH-140 nears completion; highway touted to reduce travel time between Bengaluru and Tirupati significantly

Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR

If you're one of those who make regular trips to Tirupati, there's good news. With the much-touted National Highway (NH)-140 nearing completion, the travel time between Bengaluru and Tirupati is set to be cut shorter.

Currently, the travel between the two cities takes around 4.5 to six hours depending on the time of travel. The reduction in travel time will greatly help the pilgrims as more than a lakh pilgrims travel from the city to the temple town in a month. The distance between Bengaluru to Tirupati is approximately 250 km. Of this, 116 km falls within Karnataka and the highway was made into four lanes a long time ago. From the Karnataka-Andhra Pradesh border till Chittoor bypass (approximately 70 kilometres), the stretch was white-topped a few years ago. However, from Chittoor to Tirupati, the road was under construction.

Work on the much awaited National Highway (NH)-140 is almost over

Authorities then constructed a new alignment to bypass Chittoor as well as provide connectivity to another religious spot: Kanipakam. Now, the NHAI is dividing the Chittoor-Tirupati road into six lanes. Though this road is open for vehicles, the entire completion of the project will significantly cut down the travel time as well as reduce accidents. Recently, Union Minister for Road Transport and Highways Nitin Gadkari said the six-lane work of NH-140 from Chittoor to Mallavaram in Andhra Pradesh was progressing at a rapid pace. He said the project length starts at Kukkalapalli and ends at Mallavaram, and consists of two bypasses at Kasipentla and Kanipakam, 14 grade separators, six major bridges and 15 minor bridges.

The project has been partially operational from May 2021 and the remaining work is expected to be completed by September-end this year. "After the project is over, the region will see dynamic transformation with enhanced connectivity that would boost economic activities and religious tourism," he tweeted.

Commuters happy

"It was a nightmare to drive from Chittoor to Tirupati due to heavy traffic. Thankfully, the highway is now seeing completion. This will help pilgrims from Bengaluru reach Tirupati quickly," said Sandeep S, a pilgrim from Bengaluru.

> **"It was a nightmare to drive from Chittoor to Tirupati due to traffic. Thankfully, the highway is almost ready**
>
> –Sandeep S

The highway is also beneficial not just for pilgrims but also for those transporting goods. Currently, the golden quadrilateral that connects Bengaluru to Vijayawada, Visakhapatnam, Bhubaneswar and Kolkata passes via Chennai which is a detour. Now, the vehicles can take the shortcut via Tirupati which will not only cut down travel time but also save fuel. "The Tirupati to Naidupeta stretch is yet to be made into four lanes. Once it is completed, then it will be a boon for goods vehicles from Bengaluru so they can easily reach the highway connecting Vijayawada and beyond," said Srinivas S, a resident of Vijayawada currently staying in Bengaluru.

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HC to rescue of jumbos in need of adoption

The Karnataka High Court in its order held that there is no need for formal documentation for a privately owned elephant, especially which is in need of rescue or adoption and said that the law does not require any documentation.

"According to us, any document with any nomenclature is sufficient as long as it shows consent and absence of commercial transaction," said Bench headed by Chief Justice of Karnataka.

Court order was passed on June 6, in public interest litigation filed seeking intervention of Court in the matter of transfer of some Elephants from the State of Karnataka to Radha Krishna Temple Elephant Welfare Trust, Gujarat-based trust.

Petitioner also sought direction to the State Government to issue guidelines directing that no person can sell or transfer or translocate Elephants from the State of Karnataka to the Trust. A direction was also sought to Trust to send back the 4 Elephants that were transported to the said Trust and also send back all the Elephants which have been taken by the Trust, back to the respective Forest Department of the States from which these Elephants were obtained.

The court in its order issued various directions to the trust stating that the Elephants that are in the custody and care of the Trust, shall till the end of their respective lives, be continued to be given the same care and facilities as specified in the Counter filed in these proceedings.

In case any more Elephants are relocated to the trust facility by private individuals, organizations, Central or any State Governments or their departments and agencies, the same care and facilities as specified in the Counter filed in these proceedings shall be provided to them for the rest of their respective lives. The trust shall not enter into any commercial transaction referred to in Section 43 of the Wild Life (Protection) Act, 1972, said the court.

'Love is blind & stronger than love of parents'

The High Court of Karnataka, while allowing a girl who eloped and married her lover to stay with him, gave a cautionary warning that what she did to her parents could come back to her from her children.

T L Nagaraju had filed a habeas corpus petition in the HC stating that his daughter, Nisarga, an engineering student was missing from her college hostel and one Nikhil aka Abhi, who was a driver, had taken her away forcibly.

Nisarga and Nikhil were presented before the division bench of Justice B Veerappa and Justice K S Hemalekha.

Nisarga volunteered before the court that she was a major by age, having been born on April 28, 2003.

She was in love with Nikhil and went with him on her own accord. The two had married in a temple on May 13 and have been living together since.

—Agencies

Ex-judges, advocates write to CJI on 'bulldozer drive' in UP

Letter, signed by 12 former judges, asks CJI to take suo motu cognizance of demolition drives

A bulldozer being used to demolish the home of an alleged conspirator of protests in Prayagraj

A group of former Supreme Court and High Court judges along with senior advocates on Tuesday wrote a petition letter to the Chief Justice of India NV Ramana to take suo motu cognizance against recent demolition drives in Uttar Pradesh in the aftermath of 'Prophet remarks row'.

The letter, signed by 12 former judges including former Supreme Court Judges — Justice B Sudarshan Reddy, Justice V Gopala Gowda, Justice AK Ganguly, and senior lawyers, has urged the Court to stop the "deteriorating law and order situation" in the state. Recent remarks made by certain BJP spokespersons (since suspended from the office) on Prophet Mohammed have resulted in protests in multiple parts of the country and particularly in Uttar Pradesh.

Instead of giving protesters an opportunity of being heard and engage in peaceful protests, the Uttar Pradesh administration appears to have sanctioned taking violent action against such individuals, the letter stated.

"The Chief Minister has reportedly officially exhorted officials to take such action against those guilty that it sets an example so that no one commits a crime or takes the law into their hands in the future. He has further directed that the National Security Act, 1980, and the Uttar Pradesh Gangsters and Anti-Social Activities (Prevention) Act, 1986, be invoked against those found guilty of unlawful protests. It is these remarks that have emboldened the police to brutally and unlawfully torture protesters," it read.

Further, it said that videos of young men in police custody being beaten with lathis, houses of protesters being demolished without notice or any cause of action, and protesters from the minority Muslim community being chased and beaten by the police, are circulating on social media, shaking the conscience of the nation.

Such a brutal clampdown by a ruling administration is an unacceptable subversion of the rule of law and a violation of the rights of citizens, and makes a mockery of the Constitution and fundamental rights guaranteed by the state.

Stop 'brutal clampdown'

"... we urge the Supreme Court to take immediate suo motu action to arrest the deteriorating law and order situation in Uttar Pradesh, specifically involving the high-handedness of the police and state authorities, and the brutal clampdown on the fundamental rights of citizens. We hope and trust the Supreme Court will rise to the occasion and not let the citizens and the Constitution down at this critical juncture," the letter urged.

Former Delhi High Court Chief Justice AP Shah, former Madras High Court Justice K Chandru, and former Karnataka High Court Justice Mohammed Anwar are the other judges who signed the letter.

> **"We urge the Supreme Court to take immediate suo motu action to arrest the deteriorating law and order situation in Uttar Pradesh**
>
> – From the letter

Apart from the judges, senior advocates Shanti Bhushan, Indira Jaisingh, Chander Uday Singh, Sriram Panchu, Prashant Bhushan, and Anand Grover also signed the petition letter. **– IANS**

HC raps govt for 'lethargic approach', puts ₹1L fine

The Karnataka High Court came down heavily on the state government for its lethargic attitude to get sanction to prosecute a retired Chief Secretary and imposed a fine of Rs 1 lakh. The court gave the order while taking up the petition of one of the accused D.B. Gangaiah, a surveyor who questioned that only junior officers are being prosecuted. The order was given on June 8.

Gangaiah was prosecuted based on the complaint filed by one Bhaskaran against former Chief Secretary Arvind Jadhav. The complainant had charged that Jadhav along with DC, AC and Tehsildar of Anekal taluk had allegedly misused his power to create fake documents.

The fake documents were created on the 66 acres of the government land in Ramanayakanahalli in Anekal taluk in the outskirts of Bengaluru city.

The government during the course of investigation had only sanctioned prosecution of junior government employees under the Prevention of Corruption Act.

While being questioned on this in the High Court, the counsel for the government maintained that the process of obtaining sanction to prosecute retired Chief Secretary is on and it is coordinating with the Department of Personnel and Training (DOPT) of the central government.

However, since the government did not obtain sanction to prosecute till date, the bench headed by Justice P. Sandesh remarked that the government is showing lethargic attitude.

The court also remarked that the state is not interested to protect its property which is at the hands of the former Chief Secretary. The government counsel is directed to deposit Rs 1 lakh in a week and recover the same from the accused in the case. The matter had been posted to June 16. **– IANS**

What about teachers' wellbeing?

CONTINUED FROM PAGE 1

students. In our school, the students had the option to talk to a counsellor. However, we had no such provision," Datar told BM. The teachers further said that returning to offline classes was difficult to cope with. However, they were given no option of discussing it with mental health professionals.

Mental health experts felt it would be a significant help to teachers if there are counsellors present to help them discuss the aforementioned issues.

Dr Geetha Appachu, psychologist, Swapreran, said, "professional help for teachers is very much recommended because psychological wellness is something that is the order of the day. Teachers above everything are very normal, positive and happening people; they help create the society. So they have a lot of pressure at work, but they have other issues too -- it can be emotional, social and personal well-being. Giving them support will make them much more competent at their work."

Dr Appachu added that even before the onset of covid-19, life of a teacher was fast-paced, and they had to adapt to several new things. The pandemic brought about a lot of change in teaching strategy. It was a period of overwork. During this time, a lot of teachers needed help and support. The pandemic also brought about a change in pay scale, alongside an increased teaching workload and warranted a new teaching strategy as well as everything shifted to online mode.

"Post covid, now there is a new beginning and with it comes more pressure. Better coping strategies would make teachers much more competent; this is why psychological wellness of teachers must be addressed," said Dr Appachu.

"While I was working in an NGO, there was a school where I was working alongside parents and children. However, I realised that as the pay scale of teachers is very low, they were having financial issues. But, the principal told me not to get involved with teachers as teachers would sometimes come with their personal issues. There are counselors available only for students and not for teachers. Teachers also go through stress, burn out and other things," Dr Neha Singhal, clinical psychologist, told BM.

Heart of the Metro

CONTINUED FROM PAGE 1

Depending on the usage and success of this initiative, more devices will be installed at other stations in the future. If these devices can buy more time for anyone experiencing a sudden heart attack, it will be worth it," said Parvez. Medical experts said the device will improve the emergency response system of the city. According to experts, AEDs work by sending an electric shock to the heart and allowing it to return to a normal rhythm. The device is simple to use and can be handled even by non-medical personnel.

"Every airport in the country already has AEDs installed to tackle emergencies. While it is a welcome move, BMRCL should expedite the process by looking at the recent cases of sudden cardiac arrest in the younger population. It should also be installed at railway stations, bus stations and other places with high footfall. This device can be put up at crucial locations, and can be used by a layperson. This will increase the survival chance of anyone showing symptoms of cardiac arrest," said Dr Dinakar D, emergency and safety instructor.

According to experts, sudden cardiac arrest has become a common medical emergency; AEDs are one of the best ways to buy more time for such patients till they reach a hospital. The core staff members of BMRCL recently underwent training on using AEDs and how to conduct CPR (cardiopulmonary resuscitation) on a person having sudden cardiac arrest. The sessions were conducted by Citizens for Citizens (C4C) for the officials and ground staff of BMRCL and SWR.

"We organised the training in December last year for BMRCL and SWR officials on how to use AEDs in case of emergencies. Looking at multiple cases of sudden cardiac arrests in the recent past, we are also requesting Smart City to install a primary healthcare system with CPR and AED-trained persons at the ready at Cubbon Park and other places with high footfall. We will soon be reaching out to the BMTC to provide CPR-training sessions for all drivers and conductors," said Rajkumar Dugar, founder, C4C.

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Narcissus in a bad mood

Study finds staring at yourself during virtual talks can make you feel worse

According to a new study, the longer a person glances at themselves when conversing with a partner in an online chat, the worse their mood becomes over the length of the encounter. The researchers discovered that alcohol use appears to exacerbate the condition.

The findings of the research were published in the journal 'Clinical Psychological Science'.

The findings point to a potentially problematic role of online meeting platforms in exacerbating psychological problems like anxiety and depression, the researchers said. Watch a video about the research.

"We used eye-tracking technology to examine the relationship between mood, alcohol and attentional focus during virtual social interaction," said Talia Ariss, a University of Illinois Urbana-Champaign doctoral candidate who led the research with U. of I. psychology professor Catharine Fairbairn. "We found that participants who spent more time looking at themselves during the conversation felt worse after the call, even after controlling for pre-interaction negative mood. And those who were under the influence of alcohol spent more time looking at themselves."

The findings add to previous studies suggesting that people who focus more on themselves than on external realities - especially during social interactions - may be susceptible to mood disorders, Ariss said.

"The more self-focused a person is, the more likely they are to report feeling emotions that are consistent with things like anxiety and even depression," she said.

"Users of the online video call platform Zoom increased 30-fold during the pandemic - burgeoning from 10 million in December 2019 to 300 million by April 2020," the researchers wrote. "The pandemic has yielded a surge in levels of depression and anxiety and, given reports of heightened self-awareness and 'fatigue' during the virtual exchange, some have posited a role for virtual interaction in exacerbating such trends."

In the study, participants answered questions about their emotional status before and after the online conversations. They were instructed to talk about what they liked and disliked about living in the local community during the chats, and to discuss their musical preferences. Participants could see themselves and their conversation partners on a split-screen monitor. Some consumed an alcoholic beverage before talking and others drank a nonalcoholic beverage.

In general, participants stared at their conversation partners on the monitor much more than they looked at themselves, the researchers found. But there were significant differences in the amount of time individual participants spent gazing at themselves.

"The cool thing about virtual social interactions, especially in platforms like Zoom, is that you can simulate the experience of looking in a mirror," Ariss said. This allows researchers to explore how self-focus influences a host of other factors, she said.

Adding alcohol to the experiment and using eye-tracking technology also allowed the scientists to explore how mild inebriation affected where a person focused their attention.

"In the context of in-person social interactions, there is strong evidence that alcohol acts as a social lubricant among drinkers and has these mood-enhancing properties," Ariss said. "This did not hold true, however, in the online conversations, where alcohol consumption corresponded to more self-focus and had none of its typical mood-boosting effects."

"At this point in the pandemic, many of us have come to the realisation that virtual interactions just aren't the same as face-to-face," Fairbairn said.

"A lot of folks are struggling with fatigue and melancholy after a full day of Zoom meetings. Our work suggests the self-view offered in many online video platforms might make those interactions more of a slog than they need to be." **ANI**

MIRRORLIGHTS

Your guide to whelming, a new dating issue

Between pocketing, benching, breadcrumbing, it seems like there's basically a term to cover every relationship behaviour out there. And, the latest of the bunch is whelming, which might come off as a simple dating trend, but is actually a symptom of a much wider problem. Here's everything you need to know about the toxic new dating trend.

What is whelming?: The all-new dating trend is basically when your dating app match complains to you about how overwhelmed they are by the number of other matches they've been getting. Simply put, it's when they're essentially bragging about how attractive they are and making you feel like you should be grateful to be given the opportunity to interact and connect with them.

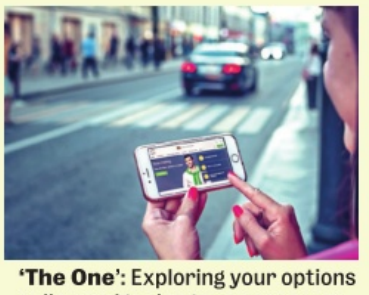
TBH, whelming can be really frustrating when it's done by someone who's on an ego trip, but it actually is a symptom of a real problem for plenty of people trying to navigate modern dating. For many of us, constantly swiping and looking at endless potential matches can genuinely feel too overwhelming.

Feeling overwhelmed with online dating: Earlier, online dating used to be a small corner of the internet, but not anymore. There seems to be a specialist app for anything you might be looking for, whether it's sex, a long-term partner or someone with the exact same music taste as you. Truth be told, it has never been easier to hook up with a new partner, but all that choice can feel overwhelming. If you've been experiencing the same, here are some ways to deal with it:

Ways to cope with feeling overwhelmed: If you're feeling overwhelmed, it doesn't mean you should delete your accounts and bid adieu to online dating altogether. There are plenty of ways to deal with your feelings while still having fun.

Be more selective: Yes, talking to everyone to explore your options might sound fine, but we really suggest you limit yourself to only say four new matches a week. That way you can actually talk to people that you really fancy.

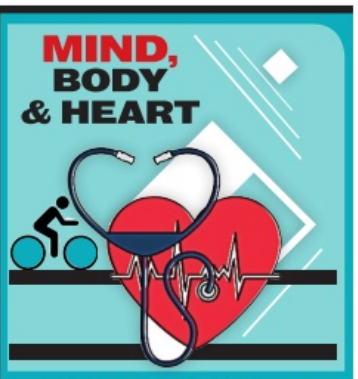
Don't rely on apps to find



'The One': Exploring your options online and trying to come across someone you can connect with is fine, but don't make it all about social media. Ensure that you're still open to meeting someone IRL too. Get out there, go to bars, and join a new class, there's nothing wrong with old-fashioned dating!

Limit your screentime: Limit your time, and you'll find it's easier to avoid getting stuck in the old scroll hole.

—Ravina M Sachdev



All problems solved

Dear Coleen

My friend likes telling me her problems and she also likes to criticise me and put me down. But if I try to share my feelings or offer her some constructive criticism, she doesn't like it and I know she self-harms and has been suicidal in the past. I've had enough now and I don't want to know her any more, but I'm worried that if I tell her that she might do something terrible like try to take her own life. I don't want to feel responsible for that. What should I do?

COLEEN SAYS

She needs support from a doctor and a counsellor. You can't give her the help she needs and it's unfair of her to expect you to provide it.

I think you have to tell her that while you want to be there for her and you can listen, you're

not a therapist or a doctor, so it's impossible for you to come up with solutions. You can do some research with her online and even accompany her to the doctor for moral support, but you're not qualified to advise her. I hope she's not threatening to harm herself – that's a terrible thing to put on another person and of course it's going to make you feel very worried.

Does she have any family or other friends that you can share this with, so there's a network of people supporting her instead of just you?

Maybe she feels that you're the only person she can confide in – but the best thing you can do is encourage her to get the right help.

You don't have to tell her you don't want to be friends with her any more and cut the cord completely, but you can take a step back from the relationship and start to think about your own wellbeing, too.

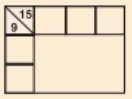
—Coleen Nolan, Daily Mirror

SOLVE IT IN A MINUTE

How many minutes are there between 8:15 a.m. and 7:23 p.m. on the same day in the same time zone?

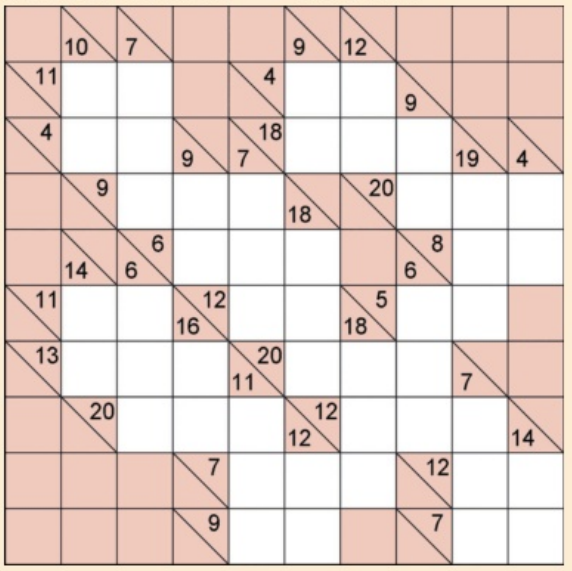
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

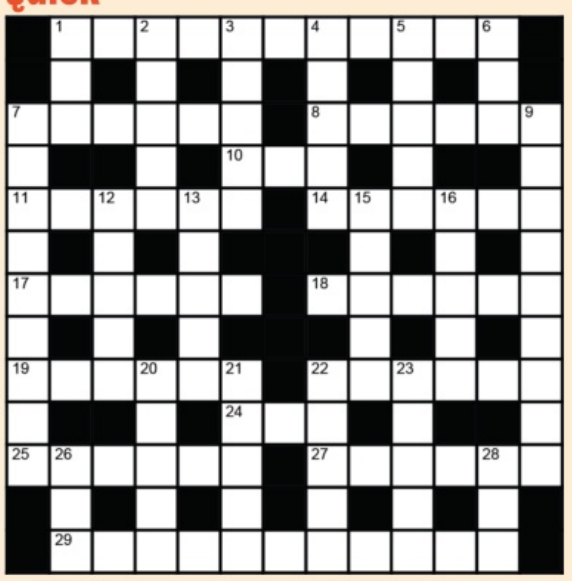


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Stop something in the beginning of its development? (3,2,3,3)
7 One-tenth of a Roman legion (6)
8 Proves to be false (6)
10 Grandmaster's rating (3)
11 Whinnies (6)
14 Mother India in Mother India (6)
17 Calm and unruffled (6)
18 Procession; cavalcade (6)
19 Room to manoeuvre, latitude (6)
22 Natural aptitude (6)
24 A type or breed of cuckoo (3)
25 Silhouette (6)
27 Infinite amount (6)
29 Used to full advantage (7,4)

DOWN

1 Modern prefix (3)
2 Part of a fork (5)
3 Brief letters (5)
4 Great lake of N America (5)
5 Akbar's grandfather (5)
6 Small spot (3)
7 Multiplex on Banerghatta road (9)
9 Mistrusted or disbelieved (9)
12 _ __, I saw, I conquered (1,4)
13 Israeli port (5)
15 Addis ___ (5)
16 Easy elegance (5)
20 A golf club (5)
21 Signs of tiredness or boredom (5)
22 Diffident (5)
23 Slow musical tempo (5)
26 Jump on one leg (3)
28 Affirmative vote (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: J EQUALS O

JXY ZPRJTUO BYU DZGU JXY OQJUO; ZH CJJ OTBDD, CQUL VBDD BPF WZPRQ XO; NXC ZH CJJ DBYVU, CQUL RBXOU XO CJ OCXTNDU BPF CJ CYZW.

Linemaro

I like you. People say I've got excellent taste

Mindchow

When you see the handwriting on the wall, You're in a public restroom

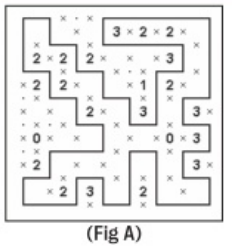
Joke of the day

Confucius Say: Best time to buy new mattress, at first sign of spring

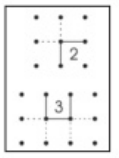
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

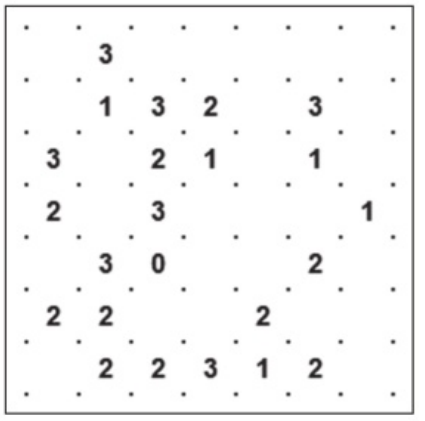


(Fig B) Not Allowed

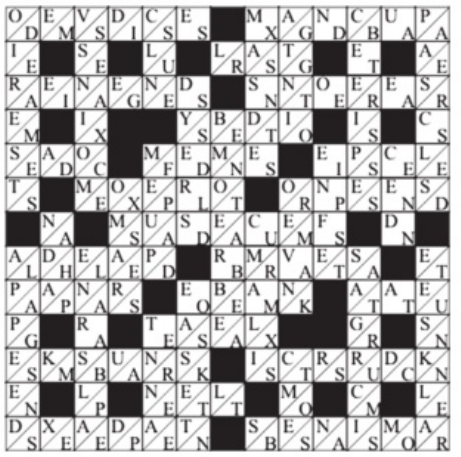
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



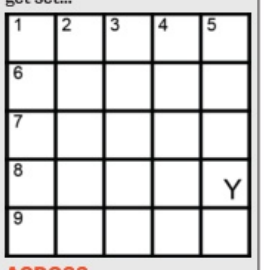
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

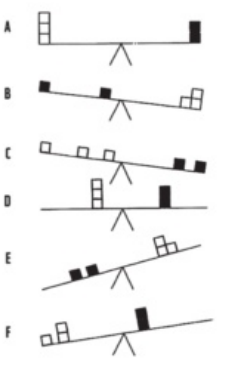
1 At vas; 6 Barer; 7 Raged; 8 Thy IC; 9 Usual

DOWN

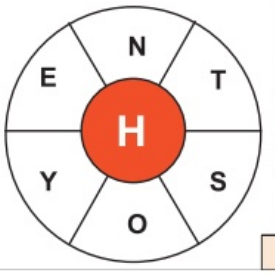
1 A girl; 2 True V; 3 Caaba; 4 Had us; 5 Tyres

Mensapuzzle

The black blocks each weigh 3 kilograms. The white blocks each weigh 2 kilograms. Which of these see-saws is wrong?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; **10** Good; **12** Outstanding

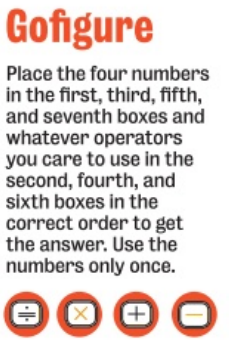
SudokuChallenge

	4		6					3
	8				1	7		
	3						5	9
6	7		1		5			
		3	4		8	5		
			2		7		9	6
1	2						8	
		9	7				6	
3					2		4	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



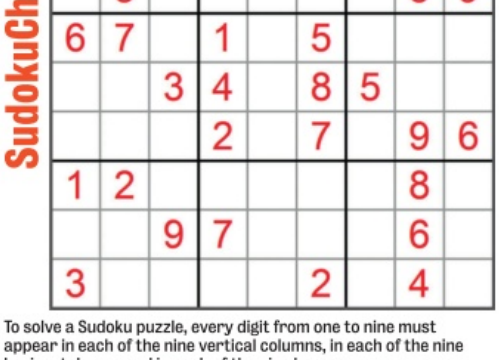
Easy = 5
1 3 4 6

Medium = 5
1 4 9 9

Hard = 7
2 7 8 3

Hocusfocus

Find at least six differences in details between panels.



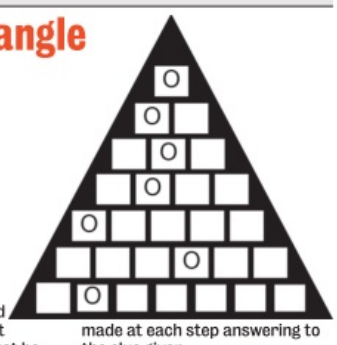
Differences: 1. Pot is moved. 2. Box is larger. 3. Apron is different. 4. Cabinet is wider. 5. Curtain is different. 6. Nose is smaller.

Riddler

Can you decipher this rebus: M1y 1Li1f1e

Alpha triangle

1 Circular letter
2 Not off
3 Scam
4 Rocket part
5 In reserve
6 Earnings
7 Blend



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

QUICK! REDEYE'S AFTER ME! WHERE CAN I HIDE ?
CRAWL UNDER MY BED !
I CAN'T PUT MY FINGER ON IT, BUT THERE'S SOMETHING WRONG WITH THIS PLAN !

Bizarrotrip

Diamond Lil

YOU THOUGHT I WAS GONE, DIDN'T YOU?
WELL, I'M BACK WITH A SPRING SNOWSTORM!
IMAGINE MY DELIGHT
I LIKE TO THINK OF IT AS A CURTAIN CALL
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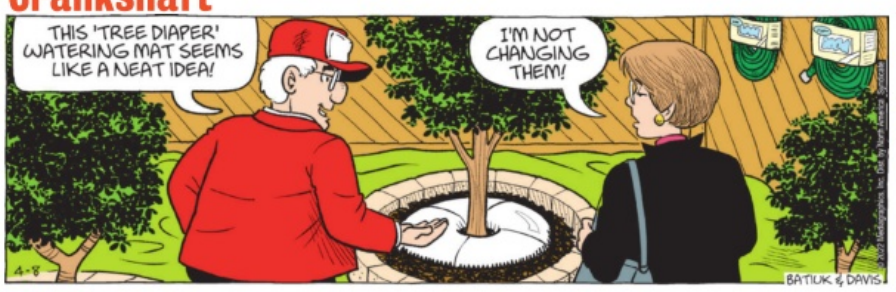
www.creators.com

Hart of the city

HEART, DO YOU THINK YOU'LL DO ANOTHER PAGEANT?
MAYBE. BUT THIS WAS A MEANS TO AN END! NEXT STOP: HOLLYWOOD!
ACTUALLY, ALL FILMING FOR THE CHIPPY CHIP COMMERCIALS IS IN PHILADELPHIA. KENSINGTON. TO BE EXACT.
NEXT STOP: KENSINGTON!

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Hidden fears could make you feel scared and dull today. You are not in a mindset to trust on anyone. It is advised to meditate as it could keep irrational fears at bay. With your elders on your side, late-evening could see you loosening out and coming out of this mindset.

Taurus Apr 21 – May 20
You will be busy networking at work today and are likely to get a big order, if that is what your business involves. Expect innovation in your partnerships. You may get some investments in your business which will help it grow in the near future. Your emotional relationship with your spouse will see improvement.

Gemini May 21 – Jun 21
Self-analysis will bring some confidence in you today. With higher focus, you are very likely to achieve your goals. You may be feeling creative today. Don't be surprised if you are drawn by artefacts, films, or glamour. At the end of the day, you may feel some satisfaction related to your life. Your opponents are at bay now.

Cancer Jun 22 – July 23
Today you are likely to use your creativity to renovate your house or office. Your focus towards your goals may be good. Overworking may tire your mind, which can lead to anxiety, restlessness, and stress. These factors may impact domestic life. Students are advised to work with focus and dedication.

Leo Jul 24 – Aug 23
You could feel dissatisfied today. People around you may not cooperate, but you are advised to keep patience. Read documents carefully before signing any contracts. Making new investments in non-valuable things may disadvantage you. Students are advised to focus on their subjects with patience.

Virgo Aug 24 – Sep 23
High enthusiasm and focus can postpone projects. Your juniors may help you start a new project which will bring you profit in the near future. Expect short trips related to family issues. Job seekers may hear good news in terms of a job.

Libra Sep 24 – Oct 22
Today you may be busy with family issues. You may take some important decisions on the domestic front. You should avoid making arguments regarding personal matters. Your arrogance may affect domestic harmony. Follow your intuition before making investments in business.

Scorpio Oct 23 – Nov 22
Your inner strength may help you to start something new and innovative at work today. You are likely to get a big order in your parental business which will boom in the near future. New responsibilities at work may keep you busy. Job seekers might find a good job. Understanding with the spouse may be improved. Domestic harmony should prevail.

Sagittarius Nov 23 – Dec 22
Today you may feel dull and your health may not be good. You may be nervous. You could also be dealing with anxiety and restlessness. You are advised to postpone important investments in business or real estate. Avoid rash driving. You should avoid long distance travel too. Meditation could help with controlling messy situations.

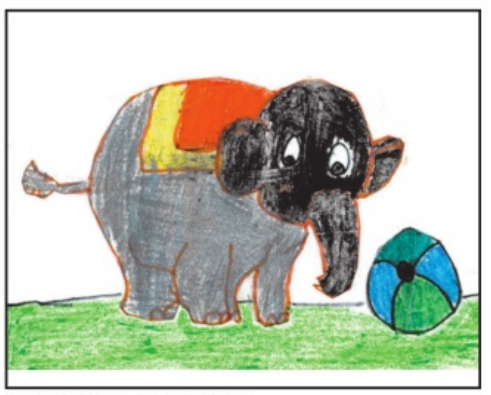
Capricorn Dec 23 – Jan 20
Support from elders will keep you happy. Investments may bring profits. Losses will be converted to profits now. Your savings may boost your bank balance. You may plan to invest in the future of your children. You may also enjoy some delicious food at home. Any problems related to throat, teeth, ears, or nose may be resolved now.

Aquarius Jan 21 – Feb 19
Elders are on your side today. Your patience is admirable. Your focus towards work may be very good. Parent's health should improve. You are likely to spend your time with elders. You may also meet an influential person who will help you on the professional front. Expect romantic moments which will increase harmony in your domestic life.

Pisces Feb 20 – Mar 20
Today you may feel spiritual and help needy people around you. You may also plan to donate to charity or religious places. Expect success in difficult projects. You may feel some divine power around you that could help you in unpredictable situations. You may feel drawn by the occult. Students are likely to enjoy in-depth study.

KIDZONE

Fariyah Riyan, 9 Years, Baldwin Girls High School



Nandan S, 6 Years, Bright Kid School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
45+23=68 minutes
10x60=600
600+68= 668 minute

RIDDLER
For once in my life.
(Four ones, in my life)

BULL'S EYE
hone, honest, honey, honest, shoe, host, shoe, shone, shot, then, they, those

FAST FIVE

A	V	A	S	T
R	E	B	A	R
G	R	A	D	E
I	T	C	H	Y
L	U	A	U	S

STRIKE OUT

D	E	V	I	C	E	M	A	D	C	A	P			
I	E	P	E	N	S	E	N	S	O	R				
N	L	E	E	L	O	M	E							
E	M	B	A	R	K	S	T	R	U	C	K			
P	A	T	A	E	L	R	S							
P	A	N	S	O	B	A	N	T	A	U				
A	H	E	A	D	B	R	A	T	S	T				
A	M	U	S	E	U	M	S	D						
T	E	X	E	R	T	O	N	E	N	D				
A	E	L	E	P	H	A	N	T						
S	A	C	F	E	N	S	I	S	E	E				

QUICK

N	I	P	I	N	T	H	E	B	U	D				
C	O	H	O	R	T	R	E	B	U	T	S			
N	E	I	G	H	S	N	A	R	G	I	S			
E	C	A		B	R	P								
P	L	A	C	I	D	P	A	R	A	D	E			
O	M	F		B	C									
L	E	E	W	A	Y	T	A	L	E	N	T			
I	E	A	N	I	A	R	E							
S	H	A	D	O	W	M	Y	R	I	A	D			
E	R	O	U	A	E	O								
R	E	S	S	E	D	H	O	M	E					

MENSA PUZZLE
D. As the black blocks are farther from the fulcrum the see-saw should go down on the right.

QUOTE UNCODE
Our incomes are like our shoes; if too small, they gall and pinch us; but if too large, they cause us to stumble and to trip.

SUDOKU

5	4	2	6	7	9	8	1	3
9	8	6	3	5	1	7	2	4
7	3	1	8	2	4	6	5	9
6	7	4	1	9	5	2	3	8
2	9	3	4	6	8	5	7	1
8	1	5	2	3	7	4	9	6
1	2	7	9	4	6	3	8	5
4	5	9	7	8	3	1	6	2
3	6	8	5	1	2	9	4	7

ALPHA TRIANGLE
0, On, Con, Conc, Once, Income, Combine.

GO FIGURE
Easy
6 – 4 + 3 x 1 = 5
Medium
9 + 4 + 1 – 9 = 5
Hard
3 x 2 – 7 + 8 = 7

LOOP

KAKURO

9	1	8			9	7	1	6
7	2	4	1		4	8		
	9	8	6	3	2	1	4	
	5	1	7		9	2	3	
9	2	6	1	3				
4	3	1		2	9	8	6	3
	7	4		1	3			
			9	8	6	5	2	4
			4	2	1		9	7

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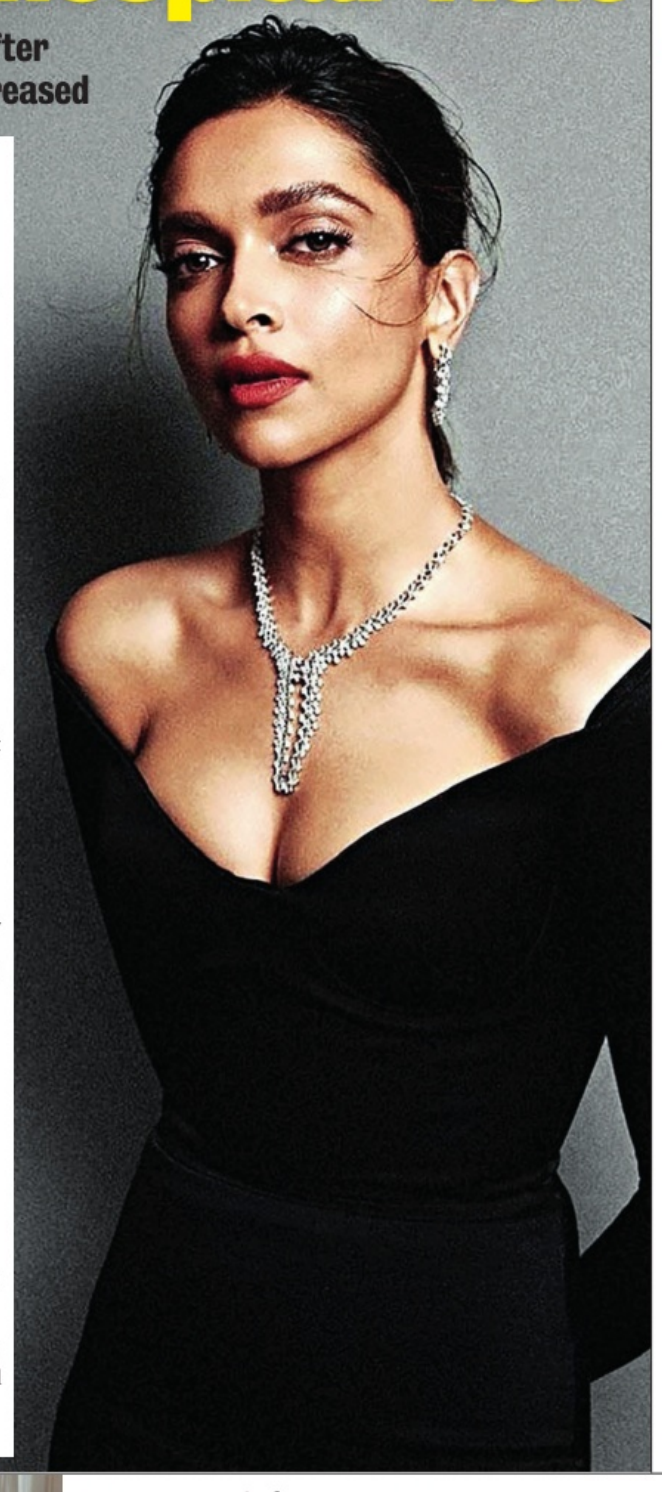
DP back on sets after hospital visit

Actor felt unwell after her heart rate increased



Deepika Padukone who is in Hyderabad shooting for her upcoming film Project K, was rushed to a private hospital. According to sources, the actress felt unwell after her heart rate increased, and she was immediately taken to Kamineni Hospital in the city where the doctors examined her. Soon after treatment, Deepika returned to the sets to shoot with Amitabh Bachchan as her heart rate stabilised.

Project K marks Deepika's first film with Prabhas. It also stars Amitabh Bachchan in a pivotal role. Earlier this year, on Guru Purnima, Amitabh Bachchan gave the muhurat shot of the much-awaited Prabhas-starrer. Prabhas shared a picture from the sets and gave Bachchan the title of "Guru of Indian Cinema." "On this #GuruPurnima, it is an honour for me to Clap for the Guru of Indian cinema!... it now begins!! #ProjectK" he captioned the picture.

About the movie, director Nag Ashwin had earlier shared in a statement, "I'm very excited to see Deepika play this character. It is something no mainstream lead has done before and will be quite a surprise for everyone. The pairing of Deepika and Prabhas will be one of the main highlights of the film and the story between them, I believe will be something audiences will carry in their hearts for years to come." **—ETimes**

20 scripts junked before Raveena said yay

National Award-winning actress Raveena Tandon says she is more interested in portraying strong women on-screen and in the recent past, she has rejected multiple scripts to avoid being typecast.

The actress who had her fair share of success in the '90s era, made her OTT debut with the web series 'Aranyak'. Her performance with a quiet role as Kasturi Dogra was hugely appreciated by the critics and audience alike.

Talking about how she wants to take her career to the next level, post the success of the web series, as well as the commercially successful film 'KGF: Chapter 2', Raveena revealed her strategy.

Raveena said, "My digital debut was a strategic move. Stories with strong female characters are my forte and films which are content-driven attract me the most. I have to admit rejecting nearly 20 scripts as I did not want to be typecast. I would like the audience to remember me for my versatility. It is easy to say 'yes' but you must be bold to say 'no'."

She will reunite with Sanjay Dutt for their upcoming film 'Ghudchadi'. The actress will also announce her new project soon. **--IANS**

Actors who were asked to go under the knife for a role or to 'look more attractive'

Watch this story come alive by pointing your phone camera at the QR code

Miss you every day: Rhea on Sushant

June 14 marks the second death anniversary of Sushant Singh Rajput who passed away on this day under mysterious circumstances.

His girlfriend Rhea Chakraborty took to her Instagram handle to share some unseen pictures with the late actor as she remembered him on this fateful day. The photos are from their outings together where they are seen having the time of their lives. She captioned the post, 'Miss you every day' followed by a heart symbol. As soon as she shared the post, fans showered love in the comment section. While one fan wrote, 'we all missing bhai', another one added, 'Prayers and peace to his soul Stay strong Rhea'.

Sushant was found dead at his Mumbai apartment on June 14, 2020. Rhea was accused of money laundering and abetting the suicide of SSR. Rhea and her brother Showik Chakraborty were arrested in connection to a drug-related case. **—ETimes**

Marilyn Monroe's iconic dress ruined in Met Gala outing?

Kim Kardashian's Marilyn Monroe moment at the MET Gala 2022 was the most talked about look of the night. Some praised the Business Mogul for the way she carried the 60-year-old heritage while some were clearly not happy and thought it was an insult to the legend. But now, The "Kardashians" star is under fire because it looks like she may have destroyed the piece of clothing.

According to Page Six, the 41-year-old "Kardashians" star lost 16 pounds in the weeks leading up to the event in order to fit into the historic gown, and she even changed into a duplicate once she arrived at the party's entry since she couldn't move freely in the original.

"I'm extremely respectful to the dress and what it means to American history," she said ahead of the party. "I would never want to sit in it or eat in it or have any risk of any damage to it and I won't be wearing the kind of body makeup I usually do."

However, it appears that simply posing for photos on the red carpet with Pete Davidson who later bleached his hair platinum blond to match his girlfriend's Marilyn-inspired tresses, she may have harmed the "world's most expensive outfit."

Pop Culture published side-by-side photographs of the gown from before and after Kardashian wore it at the Met on Monday. One of the snaps, especially around the dress's back clasp, shows traces of stretched fabric and missing crystals. **ANI**